

**CLAIMS**

1. A container for vacuum packing, comprising:

a base panel to be put into a vacuum bag, with an item to be packed being laid on the base panel; and

5 a front panel provided at a front position of the base panel, with an air hole formed on the front panel.

2. The container according to claim 1, wherein an embossment is provided on the base panel to define an air discharge path.

3. The container according to claim 1 or 2, wherein a juice storage trough is provided  
10 at a position around the base panel.

4. The container according to claim 1 or 2, wherein the base panel is adjustable in length.

5. The container according to claim 1 or 2, wherein a first guide panel extends  
outwards from a position above the air hole to a predetermined position, and a second guide  
15 panel extends outwards from a position under the air hole to a predetermined position.